

CHURCH LADS' BRIGADE.

G.L.B. MANUAL
OF
PHYSICAL TRAINING,
1938.

PRICE—THREEPENCE.

Published by
GENERAL HEADQUARTERS, CHURCH LADS' BRIGADE,
IRONMONGER LANE, LONDON, E.C. 2.

WELLCOME INSTITUTE LIBRARY	
Coll.	welMOmec
Coll.	pam
No.	QT 255
	1 9 3 8
	C 5 6 c



22500844708

C.L.B. MANUAL OF PHYSICAL TRAINING.

CONTENTS.

SECTION	PAGE
1 Object of Physical Training	4
2 How obtained	4
3 Self-effort	4
4 Instructor	5
5 Unnecessary talk	5
6 Demonstrate not talk	6
7 Exercise changes	6
8 Words of Command	6
9 Maintenance of team spirit	6
10 Method of correction	7
11 Reference to Text Book or Table	7
12 Continuity of the lesson	7
13 Physical Training Games and Quickeners	7
14 Physical Training Tables	8
15 Clothing	8
16 Guard against colds	9
17 Apparatus and kit	9

NOTES ON EXERCISES.

SECTION	PAGE
18 Time limit	9
19 Number of periods in each table	10
20 Apparatus, games, kit, floor marking, etc. ...	10
21 Turns, landings, take off	10
22 Punctuality	10
23 Penalties	11
24 Standing-In	11
25 Whistle blast	11
26 " Add later "	12
27 " Teams "	12
28 Breathing	12
29 Posture—" Attention "	13
30 Marching	13
31 Running	14
32 Skipping	15
33 Control in agility work	15
34 Horse work	16
35 Front roll	17
36 Back roll	18
37 Hand-stand	18
38 Skip jumps, wooden man, hopping, etc. ...	18
39 Back lying	19
40 Prone lying	19
41 Arm circling backward	19
42 Shoulders rolling and punching	20

SECTION	PAGE
43 Balance	20
44 Exercise both limbs and both sides of body ...	20
45 Arms swinging forward, backward and circling with a jump	20
46 Hopping on alternate feet	21
47 Dismiss	21
48 Round About, Spanning, etc.	21

GAMES, etc.

48A Merry-go-Round	21
49 Coloured teams	22
50 Twos and threes	22
51 Medley Relay	22
52 Dog and bone	22
53 Standing long jump	23
54 Crows and cranes	23
55 Dribble ball relay	23
56 Animals	23
57 Forearm tug-of-war (Butcher's hook)	24
58 Rugby pass relay	24
59 Volley ball	24
60 Handball	25
61 Basketball	25
62 Leap frog	25

APPENDIX	26
-----------------	----

C.L.B. MANUAL of PHYSICAL TRAINING

1.—*Object of Physical Training.*

Good health with free and full use of all the limbs.
Improvement of general well-being.

2.—*How obtained.*

Through harmonious development ; no one part of the body being unduly developed, but all being developed slowly and surely. "Rome was not built in a day," nor can lungs be properly expanded or heart and other muscles be fully strengthened in one or two Physical Training periods.

Work must be kept lively and vigorous, but strain should be guarded against by no undue repetition of exercises which are difficult to perform well.

The tables which are given in the Appendix are graduated in order of strenuousness, and should be taught in the order given. *Breathing exercises are the most important* in the book and should be performed conscientiously.

3.—*Self-effort.*

To possess the figure and ability of an athlete is a lad's ideal. It is for the instructor to point the way to its achievement through Physical Training in order to get that necessary incentive to all good work—Self-effort. Without Self-effort, the best Physical Training tables and instruction are useless.

4.—*Instructor.*

The best instructors are not necessarily the best performers, but the prestige which goes with good performance is a great asset. An instructor who cannot be a very good performer may nevertheless be greatly encouraged to know that keenness allied to the observance of certain rules will obtain for him sufficient technique to become a **successful** instructor.

(i.) **Appearance.**

The appearance of the instructor must at all times be smart and his carriage athletic.

(ii.) **Manner.**

His manner *must* give the impression of alertness and geniality. By geniality is meant kindness in correction and cheerfulness at all times, *not* the condonation of slackness and indiscipline, which would, like severity, kill keenness.

(iii.) **Discipline.**

Discipline in Physical Training is necessary, but should grow out of eagerness to achieve rather than readiness to obey. The maintenance of the spirit to achieve must be the underlying motive in all instruction if it is to be progressive.

5.—*Unnecessary talk.*

At the outset it must be remembered that in Physical Training it is not necessary to keep up a patter of talk. One minute's talk on the first night upon the benefits of "Self-effort" may be useful, but after this, the principle to aim at should be thirty minutes' brisk work and play under the guidance of the instructor. The class meets to work, not to be talked at, and always prefers it thus.

6.—*Demonstrate not talk.*

An instructor should demonstrate and then say "Exercise begin" rather than give a long-winded word of command.

7.—*Exercise changes.*

It is possible in most cases to demonstrate the next exercise whilst the present one is being performed. The change is then effected by the instructor saying "next exercise begin," assisting it by demonstration, and at the same time repeating the time for the change.

8.—*Words of Command.*

(i.) **Cautionary.**

The cautionary word of command can be easy, even conversational, providing it is clear and *just* loud enough for the whole class to hear; no louder. The acoustics of the hall and the number of classes working will affect this. If in the open, observe the state and position of the wind, and if possible, keep on the windward side of the class.

(ii.) **Executive.**

The executive word of command must have some "bite" about it, though, again, loudness is not necessary. In Physical Training, an upward tendency in the tone of the voice in the executive command is found to keep the command alive.

9.—*Maintenance of team spirit.*

Once the class is opened out into *team formation*, it is possible to maintain "aliveness" by stimulating a competitive spirit in the teams.

10.—*Method of correction.*

Absolutely correct positions cannot be obtained at once, nor should they be insisted upon, or much of the Physical Training period will be wasted. One general mistake here and there can be put right by halting, demonstrating the correct position, and once more practising. One or two individuals may be put right in each exercise, but no attempt should be made to correct more than these.

Where a lad has been corrected it is good policy to say shortly after "very much better," mentioning the lad's name. It must be remembered that it is rare for a member of a class not to be trying, and correction, unless followed by commendation, is liable to have a disheartening effect.

11.—*Reference to Text Book or Table.*

The prestige of the instructor may be lowered by constant reference to a text book during instruction. An endeavour should be made to memorise the table, games, and quickeners to be used.

12.—*Continuity of the lesson.*

There must be no Stand-at-Ease during work. One exercise provides the necessary relaxation to its predecessor. Halts cause boredom, and give the impression of inefficiency. All apparatus, ropes, kit for games, etc., must be laid out ready before work starts.

13.—*Physical Training Games and Quickeners.*

The list given in the tables has been carefully selected with a view to the employment of *all members of a class at the same time*. As soon as each new game, or quickener, is known, another should be used so that boredom is never experienced.

Games and quickeners are to provide relaxation with movement.

Unnecessary noise and chatter should not be permitted during games, though laughter is most desirable and should not be stifled.

14.—*Physical Training Tables.*

Most lads will prefer agility exercises to the more formal and static type of exercise. This is because the static type does not permit of the same element of sporting risk as the agility exercise. Nevertheless, the proper performance of agility exercises, strength and gymnastic feats cannot be obtained until the muscles of the heart and the rest of the body are first developed and joints stretched by the less exciting but more necessary building-up exercises. In the tables given in this book, agility exercises (ground work and horse work) receive only one-third of the time for each Physical Training period. It is important to maintain this.

A half-hour period is considered sufficient for lads up to fifteen years of age, if it is well done, but lads over that age can have a longer period. The tables have been constructed on the principle that most lads have done a day's work, and a longer period of Physical Training might not be beneficial. The Physical Training period, can, if necessary, be extended by playing one of the more organised games such as handball or basketball after dismissing.

15.—*Clothing.*

Shorts, shoes, and vest are best for Physical Training. If this is not possible, rubber shoes must be worn and all unnecessary clothing removed. It is impossible to obtain unhampered movement if the limbs are swathed in clothing. *Braces should never be worn at Physical Training.*

16.—*Guard against colds.*

Lads must never be permitted to stand about scantily dressed. Coats and vests can instantly be removed and placed neatly at the sides of the hall when the time for actual work arrives, and resumed the moment activity ceases. Roll-call and inspection should not be permitted whilst lads are in vests only, unless the hall is heated. When lads are hot the pores of the skin are opened and colds may easily be caught unless the leader insists upon them getting dressed before resting.

17.—*Apparatus and kit.*

Suitable shorts and vests at one shilling each, and shoes at two shillings and sixpence a pair, can be purchased from the G.H.Q. Stores Department.

The ideal would be for each hall to possess at least one box-horse, one or two rubber mats, a sufficient number of skipping ropes (for the whole class), some footballs, old football cases filled with tightly rolled paper, old tennis balls, and boxing gloves sufficient for the normal class, but it is appreciated that this is not always possible.

NOTES ON EXERCISES.

18.—*Time Limit.*

The tables have been constructed for *half-an-hour's work* and are intended to be divided in the following manner :—

Marching and Running Exercises	...	...	5 mins.
General Exercises	...	...	15 "
Agility Exercises	...	...	10 "

This proportion of time allows approximately one minute to be spent on each exercise and each game in

the first two groups, and two minutes upon each exercise and each game in the agility group.

If a proper balance of time is to be spent on each group, it will be necessary for the instructor to have a watch or clock at hand.

19.—*Number of periods in each table.*

Changes in exercises cannot be got over smoothly and the proper flow of the table maintained if a change is made to a new table too soon ; nor will there be proper enjoyment by the class. **To be beneficial Physical Training must be enjoyed.**

20.—*Apparatus, games, kit, floor marking, etc.*

In order that there shall be no cessation in the thirty minutes' work and play, it is necessary that careful arrangements should have previously been made to see that all apparatus, games kit, and markings on the floor for games or competitions, are ready.

21.—*Turns, landings, take off.*

These must be performed as *noiselessly* as possible, otherwise injury to the feet or knee joints may result.

Turns must be swift with no bang of the rear foot.

Landings should be made on the toes with the knees well bent. If the exercise is being taken freely, *i.e.*, judging the time, on rising from a landing, the left foot is carried forward, breaking without pause into a run as the performer resumes his place in the class. If the exercise is in its earlier stages, the performer on rising will remain at attention until the instructor says "next go" or "last lad, fall in."

22.—*Punctuality.*

Once the time of the class period has been decided upon it should be adhered to. Lads who came late

without excuse will then turn up punctually, if they enjoy the work, lest they miss the start. On the other hand, punctual members of the class will not be victimised.

23.—*Penalties.*

For running about the hall flat-footed, etc., or for losing in certain competitions, a penalty should be exacted. This should not be excessive and should be varied to suit the physique of individual lads, *e.g.*, three press-ups in the prone position, run and touch four corners of the hall, etc. In certain games such as handball, basketball, etc., a player can be ordered to stand out until permitted by the referee to continue playing, *e.g.*, for continued rough play, infringement of rules, etc. Penalties given in good humour are never resented, and cause much amusement to the class at the victim's expense.

24.—*Standing-In.*

The instructor or an experienced team leader must *Stand-In*, *i.e.*, be near enough on the landing side of the horse to catch a lad who stumbles. He should at first, and for all lads who are known to be "shaky," follow their flight with one hand close to their chests in case of accidents. He must not catch hold of a lad unless necessary, for to do so weakens self-confidence. "Standing-In" is necessary for ground work (*see* para. 35).

25.—*Whistle blast.*

Everybody should at once stand properly at ease. It is necessary to have some signal of this sort in order to maintain control, and instantly to stop activity in case of dangerous play or performance. Any lads on apparatus to be assisted down by instructor or leader who is "Standing-In."

26.—“ *Add later.*”

This phrase means that when the present exercise has been satisfactorily accomplished it may, in later periods, be followed by the exercise indicated.

27.—“ *Teams.*”

On the command “ *Teams,*” lads run to single files opened to two paces interval and distance, facing instructor; all No. 1’s on his left, 2’s and 3’s next in the centre, and 4’s on his right. The class will have had to be numbered whilst marching. This is sometimes referred to as “ *team formation.*”

28.—*Breathing.*

In through the nose and *out through the nose* to keep the nasal passage clear, and not unduly to chill the lungs or tender membrane of the nose by the continuous passage of cold air. First concentrate on filling the thorax and not the abdomen; hands placed lightly on the lower ribs, merely to feel them “ *flaring* ” in inhalation. In exhalation, the abdomen must not be permitted to protrude; slightly tense the abdominal muscles to prevent this. After the exercise has been mastered, inhalation can be increased in later attempts by throwing the head back slightly towards the end of an inhalation, thus allowing ingress of air to the upper portion of the lungs, and increasing their capacity. In final attempts towards the end of an exhalation, there should be a strong contraction of the abdominal wall to expel as much air as possible. Inhalation and exhalation should be practised together as rhythmical movement.

NOTE.—*Windows must be open during the Physical Training period.*

29.—*Posture—"Attention."*

Weight of body equally distributed on feet, *i.e.*, not on heels or toes only ; trunk and head erect ; eyes looking their own height ; arms touching sides of body though not pressed to them ; hands turned to sides of thighs with fingers slightly clenched ; thumbs touching sides of thighs and approximately in their centre ; legs straight. There must be no restriction of breathing, nor must there be any muscle-tension. Guard against forcing a "chest," or a hollow back will result, which is a weakness. To counteract a hollow back, buttocks should be pressed forward slightly and the abdomen drawn in. At first this will cause a little constraint. It is vital not to allow faults of posture in "attention" or walking, or they will never be eradicated once lads reach manhood. The command to "make yourselves flat and tall" will assist to contract abdominal muscles and straighten the spine in the lumbar region simultaneously. A lad standing with his back to a wall should touch it with the back of his head and as much of the rest of the body as possible (a slight hollow at the neck and the lumbar region only). In sitting, kneeling, and in many other positions, the head and trunk should retain the position of "Attention."

This position has been gone into in more detail than any other in this manual for it is most important in its results on the future health and physical usefulness of lads.

30.—*Marching.*

Head and trunk erect ; eyes looking their own height ; carry arms loosely as high as the waist in the front and rear. Weight to be equally distributed from heel to toe ; toes turned to the front ; buttocks drawn in slightly, thus preventing the back from being hollowed.

(i.) **On toes.**

Plenty of bounce from the ankle joint ; no movement of arms.

(ii.) **Sideways.**

Hips firm, keep on toes, taking as large a pace as possible.

(iii.) **On heels.**

Keep toes raised and turned straight to the front ; legs stiff.

(iv.) **With knees raise.**

The knees should be raised as high as the waist. The leg should hang down but slightly forward from the knee ; toe pointed to the ground. Pull knee up **swiftly**. The exercise to thigh muscles is only obtained thus.

(v.) **Open to single file.**

In the case of large classes " team formation " may be more convenient.

31.—Running.

An easy rhythmical movement, body carried slightly forward. The military " double " must not be confused with this. Arms at an angle of 45° with the ground ; well up on the toes which should point to the front, and should not be turned out. No lateral lurch, this wastes effort in running.

Raise on toes.

On all occasions before commencing to run, the class or individual should first raise on the toes. This, besides being a good ankle exercise, ensures that the toes *are* used.

Shacking.

For loosening up. All muscles and limbs loose ; run on semi-flat foot. In shacking and sprinting exercise, table III., the short sprints should finish with arms flung wide to breast an imaginary tape.

32.—*Skipping.*

Great importance is placed upon the skipping group of exercises. Skipping is a most valuable exercise (especially when playing-fields are not available) for the wind, and for strengthening leg and ankle muscles. It is used by most athletes in individual training. One of the few really good exercises which may be performed by the individual with a sense of achievement, and satisfaction in performance.

Teach skipping exercises in the undermentioned order, first without a rope and then with one. Do not hurry, be satisfied to learn one exercise at a time :—

Both feet.

Alternate foot.

Alternate foot placing forward.

Alternate foot placing sideways.

Alternate foot placing sideways and forwards.

Both feet with double twist of the rope.

Swinging alternate foot (Dutch clog fashion).

Skipping ropes with proper handles are not at all necessary. A length of fairly heavy rope cut into lengths of approximately 8 ft. and knotted at the ends will do admirably, and is cheap. Three-quarter inch circumference rope is recommended. Good quality ropes at 5s. for 20 can be obtained from G.H.Q.

33.—*Control in agility work.*

Until the class knows the exercises well, it is safer to keep it thoroughly controlled, *i.e.*, one man at a time, next man not to start until ordered to, *e.g.*, "No. 1 ready" then "go," followed by "next, go." On the command "ready" the lad indicated doubles to the required position and waits for "go." As soon as the instructor says "go," the next comes out to the ready position, and waits for the command "next, go." Having performed his exercise he remains at attention until the

instructor says to the next man "next go," he then rises on his toes and runs to his place in the class in good running style. *Strict attention must be paid to good style in running to fetch apparatus or to resume position in class.*

34.—Horse work.

Primarily to inculcate dash and spirit. Care must be taken that take-offs and landings are silent; knees well bent on landing.

The tables have been constructed to permit of box-horse work. Where a box-horse is not available a "human horse" may be substituted for the follow through vault, bent back lift, and left and right hand vaults (two strong lads of approximately the same height stand in front-row rugby scrum position, opposing each other, and holding each other round the waist.

(i.) **Bent back lift.**

Spring off both feet and place hands with fingers on far side of horse broadways, keep legs straight, toes pointed, head on far side of horse and pressed well back. Make a nice circle with legs and land lightly, but do not push off horse with the hands.

(ii.) **Run through vault.**

Horse broadways: Take off both feet, as far from horse as possible. As hands come to the horse put them smartly down in an endeavour to raise the body well up and clear of the horse, at the same time bend the knees up swiftly to the chest. Land lightly on toes, knees bent, and return to attention. Remain at attention until instructor says "next go," unless the exercise is being done freely, *i.e.*, uncontrolled, in which case break straight into a run with left foot on rising from knees bend.

(iii.) **Running horizontal astride vault.**

Horse lengthways : Take off both feet, as far from the horse as possible, endeavouring to gain as much height as possible. Lay body out in the air, legs together, and reach for the far end of horse with the hands ; as soon as they touch, lift the body upward and forward, splitting the legs either side of the horse. Land as for "Run Through" above.

(iv.) **On the feet to attention, splits off.**

Horse lengthways : Take off both feet and, with an upward lift caused by putting hands smartly down, bring knees to chin and finish standing to attention on rear end of horse. On word "Go" take off both feet with a jump, hollow the back, straighten legs, feet together, place hands on opposite end of horse and land on mat splitting legs on either side of horse.

35.—Front roll.

1st Stage.—Ball up as much as possible, place hands on mat, and roll gently over. Keep feet close to body, and if possible roll on to them, hands and arms extended in front for a pause ; come to feet and cut arms to sides. In rolling over do not touch mat with the head, but with the shoulders.

2nd Stage.—Standing, take off both feet, keep balled up as before and heels close to seat until they are flat on floor, or a bump will ensue.

3rd Stage.—As before with a run.

4th Stage.—Over a rope or other obstacle at varying heights. After taking off both feet keep head tucked well on to chest, and as before keep balled up ; shoulders must touch floor first *not* the centre of the back.

First complete "single front roll" before "two front rolls" or "Front Roll, turn about back roll."

The instructor should stand in for each lad, until he is safe to perform the exercise alone, being prepared to push the lad's head quickly under him if he puts it on the mat.

36.—*Back roll.*

Back to mat, touch toes, legs perfectly straight, drop seat to mat, and immediately swing legs, still straight, over head to touch floor. As legs are swung over the head, backs of hands should be placed on mat. Finally, push to upright position with hands which are now flat on the mat; come to attention.

37.—*Hand-stand.*

This is important, as it is the introductory lesson to all ground work. Teach methodically in the following order :

- (i.) Instructor takes each member of class individually, catching hold of his ankles, and placing knee against shoulders to prevent overbalancing. Head well back; hands a shoulder's-width apart and slightly turned in. Instructors must be prepared to take the weight of the lad by lifting on ankles if the lad is not strong enough to bear his own weight.
- (ii.) Lads work in pairs.
- (iii.) Lads throw up to hand-stand on their own in the open.

38.—*Skip jumps, wooden man, hopping, etc.*

Should the whole class be moving to or from team or other formations, one of these methods should be employed.

The class should never be permitted to stand idle while apparatus or games kit is being placed in position, etc., any short competition can be used to keep interest alive, e.g., "Everybody's feet off the floor" slowest lad loses; (crouch balance on hands, or perform a hand-stand); or, "Sit Down," quickest lad down wins, etc., etc.

39.—*Back lying.*

Performed in three movements. (1) Tips of fingers on ground ; (2) kick legs forward, taking weight of body on hands and sit with back upright ; (3) lower back swiftly to ground, placing hands as ordered : if not ordered, by the side of thighs.

“ On the feet—up ” : (1) Sit upright, placing tips of fingers on ground slightly behind the seat ; (2) lift weight of body on to fingers and bring feet under, to crouch position ; (3) raise to feet. To reach the back lying position and to rise to “ attention ” in correct time, requires considerable power of co-ordination and agility, and in themselves these two movements form very good exercises.

Perform by numbers first, and later, judging the time.

40.—*Prone lying.*

Performed in two movements : (1) Place hands on ground width of shoulders apart and slightly turned in ; (2) taking weight of the body on the hands, kick both legs out together behind until they come to rest on the toes, heels together, legs straight and in prolongation of the line of the body and head. The arms should be straight and directly under the shoulders.

41.—*Arm circling backward.*

The trunk must be kept as rigid as possible and the movement kept to the shoulders. The arms should be kept straight and pass the side of the head as close to the ears as possible. Those with stiff shoulders will find this difficult, but if concentrated upon, the mobility of the shoulders will improve.

42.—*Shoulders rolling and punching.*

Turn the left shoulder to the front, bending slightly forward and punch straight forward in line with the shoulder with fist clenched, knuckles uppermost; a continuous movement starting with shoulder and finishing with the arm punch. Without pause, turn the right shoulder to the front, bending forward slightly and punch with the right arm. These two movements are continued rhythmically. The exercise correctly performed will do more than any other to teach correct punching, *i.e.*, from the shoulder and *not* from the arms.

43.—*Balance.*

In Table I. the knee must be raised as high as the waist in the forward raise, and the leg must hang, if anything, forward from the knee and not be undercut; toe pointing downward in all positions.

44.—*Exercise both limbs and both sides of body.*

Where the Table may only give the detail for the left or right hand, foot or trunk movement, the opposite limb or side of body must always be exercised immediately afterwards.

45.—*Arms swinging forward, backward and circling with a jump.*

Arms straight, hands slightly clenched, circle the arms backward, close to the head, and as far to the rear as possible. The jump is taken with the swift upward movement of the arms which assists it. Land on toes with bent knees; straighten legs and lower heels as arms return from the forward swing.

46.—*Hopping on alternate feet.*

This is an exercise to improve spring by strengthening the muscles of the foot, ankle and calf. As much height as possible should be sought in each hop. In the hands on hips position the trunk must remain erect, chest raised slightly and back arched with each hop. With arms swinging forward and upward, the trunk should be arched by swinging the arms with hands turned inwards as far to rear as possible; the arms must be straight, and the head not allowed to push forward between the arms.

47.—*Dismiss.*

Turn to the right, raise on toes, slight pause and double to put on clothing. Whilst lads are hot no standing about must be permitted, or colds will be caught.

48.—*Round About.*

Two inner teams form a circle, members either placing hands on each other's shoulders, or clasping outer teams' hands (wrist grip). Outer teams perform exercise required. Remember to change places to exercise all teams. When the numbers in a class do not suffice to form a Round About, the exercise can be performed in two ranks; one rank forming the support for the other. In "spanning," lads in the outer circle clasp hands of lads in the inner circle, and on command "Chests Raise," arch body on toes, raising chest by a strong pull of the arms. "Span Position" indicates position of body before "Chests Raise," *i.e.*, straight except for arms.

GAMES, ETC.

48A.—*Merry-go-Round.*

Outer teams with hands on shoulders of inner teams who form a circle (with hands clasped), change places whilst circling, two or three spaces to left or right as ordered.

49.—*Coloured teams.*

Teams are named by colours. Instructor endeavours to muddle teams by looking at "red" and calling "blue," etc. Team named to leap to feet or on to bench, etc., and remain as ordered until a new colour is called, when they will instantly resume former position, *not* before. Winning team to be commended.

50.—*Twos and threes.*

Class is kept on the run. Instructor, knowing their strength, calls a number into which it is not divisible. Class immediately collects itself into groups to the total called. Individuals not able to form part of a group perform a penalty.

51.—*Medley Relay.*

Teams in single file. First man in each team hops forward (single or both legs) ten or fifteen yards to a line, or wall, and returns on "all fours" to rear of team, touching the second man in passing, who does likewise, until the last man passes the original first who shouts "up," at the same time holding up his arm. Any number of variations of hopping or running may be introduced.

52.—*Dog and bone.*

Two teams in line facing each other at ten yards distance, are numbered from left to right of each team. Instructor places a handkerchief in centre of space and calls out number. The lad bearing this number in each rank races to centre and endeavours to secure handkerchief and return to his base without being touched by the other lad after he has secured it. No longer than ten seconds permitted to each pair, otherwise all lads cannot compete.

53.—*Standing long jump.*

Teams under team-leaders ascertain best long-jumper by having two or three standing long jumps in line. Team winners return at once to centre of hall where the instructor finds semi-finalists and then finalists. Can be done very quickly if speed is impressed upon team-leaders.

54.—*Crows and Cranes.*

Ranks back-to-back, sitting or lying two yards apart. One named "Crows" and the other "Cranes." The instructor calls "Cr-r-r-r- $\begin{cases} \text{ows,} \\ \text{anes,} \end{cases}$ " whereupon the named rank must catch his opposite number in the other rank before he can touch the wall facing him.

55.—*Dribble ball relay.*

Teams in line extend to two yards' interval. First man dribbles ball in and out between members of his team to the end of the line, and then kicks it back to second man, placing himself as end man. This is continued until the first man finds himself in his original position.

56.—*Animals.*

Chimpanzees.—(Walk on all fours, legs stiff and as close to hands as possible).

Frogs.—(Short forward leaps off both feet on to hands, knees bent, seat raised during leap).

Giants.—(As tall as possible, arms stretched upward).

Dwarfs.—(As short as possible).

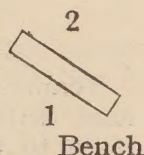
Beetles.—(Drag body forward on forearms and tips of toes).

57.—*Forearm tug-of-war (Butcher's Hook).*

Fingers bent, engage those of opponents. Advance foot in tug-of-war position, approximately one foot from opponent. Feet should not be moved. The exercise is for arms, not shoulders, and the forearms must therefore be kept bent. A steady heave is necessary. No jerking allowed.

58.—*Rugby pass relay.*

To provide competition two teams of 3 at least four players each are required. Members of team are placed as shown. No. 1 (Scrum Half) puts ball into scrum by a sliding pass under the bench. No. 2 (also Scrum Half) secures ball coming out of scrum and passes to No. 3 (Stand off Half) who should start to run forward as soon as No. 1 puts the ball into scrum. No. 1 moves to No. 2, No. 2 to No. 3, No. 3 who has taken pass now passes to No. 4 who has moved up to put ball into "scrum" afresh. No. 3 goes to rear at 7. Game continues until No. 1 is again in position with ball to put it into scrum, he shouts "up." No. 3 at least fifteen yards from bench at a chalk mark on floor. If there is not room for two teams to compete at the same time, use a stop-watch to time them for the winning team.



59.—*Volley Ball.*

Any number. Large rubber ball or small football. Net or rope tied across middle of court, five feet high. Court approximately thirty feet by fifty feet. Server behind back line, ball batted one or both hands, only serving side scores. Service passes to other side when point scored against serving side. The ball may not

touch the floor. Server allowed second attempt if first is a failure. Players may bat ball three times before passing, and ball may be batted from player to player before crossing the net. Penalty for breach of any rule, loss of service. General practice in batting ball before playing. Scoring to be as in tennis.

60.—*Handball.*

As for football but hands only. No scooping, carrying or hitting ball above shoulder height. Goal seven feet wide marked by two skittles, or other articles. Penalty—free shot five yards from goal, with no one nearer than three yards to goal or ball.

61.—*Basketball.*

Up to five-a-side. Court approximately thirty feet by fifty feet. If no basketball nets available, member of team can stand inside chalk ring three feet radius on opposition side, and catch ball thrown by his team. No one nearer goal than three yards. No holding ball more than three seconds either in play or when throwing in; pass before third step; no pushing, charging, or unnecessary roughness (important this, or game loses skill and agility); no fisting ball. Penalty—free throw from spot. No one nearer than three yards, as in throw in.

62.—*Leap frog.*

This is a fine exhilarating game, but if it is to be of value in training, care must be taken that the "take-off" is made off both feet simultaneously and the landing is *light* and with knees well bent.

NOTE.—In the event of the above exercises and games not being understood, or of advice on Physical Training matters being required, reference may be made to the Organising Officer for Physical Training at General Headquarters.

APPENDIX.

TABLE I.

GROUP.	REF. PARA.	EXERCISE.
Marching and Running Exercises. (5 minutes). <i>Quickener.</i> <i>Posture and Breathing.</i>	30 (v.) 30 (i.) 31 30 (iv.) 56 62 27 28 & 39	Marching —Open to single file and keep on a large circle. Marching on toes. Running. Marching with knee raise —Hands on hips, swift pull up of knee, and slight pause with each pace. Animals —Chimpanzee, frog, giraffe, dwarf, beetle. Leap Frog —For correct take-off and landing. Marching —Number, open to team files, at run, skip, hop, etc., cover (shortest in rear). Back lying, Deep Breathing —hands on lower ribs.
General Exercises. (15 minutes). <i>Arms.</i> <i>Arms.</i> <i>Shoulders.</i> <i>Shoulders.</i> <i>Chest and Dorsal.</i> <i>Quickener.</i>	 57 41 48 48A	Standing, Arms Bending and Stretching —slowly forward, sideways, and upwards, with muscles tensed. Forearm Tug-of-war —In pairs, slowly, no violence, forearm slightly bent. Astride, Arm circling backwards —as in back-stroke swimming. Astride, Shoulder rolling and punching. Round About —hanging position, heave and lower. Round About —span position, alternate leg raise. Merry-go-Round —(places change to left or right).

TABLE I. (contd.).

GROUP.		REF. PARA.	EXERCISE.
General Exercises (contd.)	<i>Abdominal.</i>	39	Back lying, arms sideways, alternate leg raise —about 6 ins. Add later rapid scissors movement of legs.
	<i>Lateral.</i>		Astride, Rhythmical trunk bending side to side , arms to side, one hand clenched, one hand sliding down leg.
	<i>Lateral.</i>		Astride, arms sideways raise, toe touching with opposite hand, legs straight.
	<i>Balance.</i>	43	Standing, hands on hips, leg raise forward, sideways, and backwards with foot circling or flexing.
	<i>Hamstring.</i>		Standing, High kicking —with opposite foot at hand; add later, with every third pace.
Agility Exercises. (10 minutes).	<i>Horse.</i>	32	Skipping —with rope swing in either direction.
	<i>Horse.</i>	21	Jumping —over low rope for correct landings from obstacles (add later, take off both feet).
	<i>Horse.</i>	34	Box-horse broadways, on the feet and off —take off and landing
	<i>Ground Work.</i>	34(ii.)	Run through vault.
	<i>Game.</i>	35	Front roll (add later, two front rolls).
	<i>Game.</i>	36	Back roll.
	<i>Game.</i>	53	Standing long jump competition.
	<i>Game.</i>	58	Rugby pass relay.
	<i>Posture and Breathing.</i>	28	Standing, deep breathing , finish to attention.
		47	Dismiss.

TABLE II.

GROUP.	REF. PARA.	EXERCISES.
Marching and Running Exercises. (5½ minutes). <i>Quickener.</i> <i>Posture and Breathing.</i>	30 (v.) 30 (iii.) 30(ii.) 31 27 28	Marching—open to single file and keep on a large circle. Marching on heels—long and short steps. Sideways March and Double March. Hands on hips, hopping on alternate foot (add later, with arms swing forward and upward). Running—flying high over imaginary rope with arms flinging sideways on command jump or on reaching a mark. Marching—number and open to Team Files at run or stiff man, cover (shortest in rear). Horses and Jockeys—riders dismount, pass under horse, run round team and mount. (First lad mounted wins). Standing, Deep Breathing, hands on lower ribs, finish to attention.
General Exercises. <i>Arms.</i> <i>Arms.</i> (15 minutes). <i>Shoulders.</i> <i>Chest.</i>	37 48	Wrist turning—forearms at right angles to upper arms, and muscles tensed. Prone position, Forearm wrestle—in pairs facing each other, forearms upright, one hand clasped, one hand behind back (lad wins who can force other's arm to ground). One arm used the other behind the back. Hand-stand—progressively, <i>see</i> Notes. Round About, outer ranks knees raise, arms bend and stretch, inner ranks' shoulders grasp.

TABLE II. (Contd.).

GROUP.	REF. PARA.	EXERCISE.
General Exercises (Contd.).	<i>Quickener.</i>	Boat Race —teams in crouch position clasp each other round waist, leaders facing teams standing and holding front lads' hands to guide and pull team to winning post.
	<i>Abdominal.</i>	39 Back lying arms sideways, trunk raise to touch toes, hands assisting, and legs raise alternately —raise legs six inches only.
	<i>Dorsal.</i>	39 Back lying, arms sideways, chest lift with hands assisting , keep head on floor.
	<i>Lateral.</i>	39 Back lying, leg reach to touch floor on opposite side , keep shoulders flat.
	<i>Balance.</i>	Balance March forward four paces, march backward, turn about, and land with jump —use edge of a form, two forms on edge side to side, beam or line on floor.
	<i>Hamstrings.</i>	Crouch position , with hands touching floor, Leg straightening , feet as close to hands as possible.
Agility Exercises. (10 minutes).	<i>Horse.</i>	32 Skipping —all methods, <i>see</i> Notes. 34 Box-horse broadways— left and right hand vaults over 3 ft. 6 ins. height. Bent back lift.
	<i>Ground Work.</i>	34 (i.) 35 Front Roll } add later front roll, Back roll } jump about, back roll.
	<i>Game.</i>	52 Cartwheel, left and right hand. Dog and Bone.
	<i>Game.</i>	55 Dribble Ball Relay.
	<i>Posture and Breathing.</i>	28 Standing, deep breathing , finish to attention.
		47 Dismiss.

TABLE III.

GROUP.	REF. PARA.	EXERCISE.
Marching and Running Exercises. (5 minutes). <i>Quickener.</i> <i>Posture and Breathing.</i>	30 (v.) 30 (i.) & (iii.) 31 50 27 28	Marching —open to single file and keep on a large circle. Marching on heels , also marching on toes . Running, shacking and sprinting alternately . Running, jumping, to head imaginary ball as a class. Head in different directions on command "Left," "Right," etc. Twos and threes —see Notes. Marching —number, open to Team files at run, skip, hop, etc., cover (shortest in rear). Standing, deep breathing —hands on lower ribs, finish to attention.
General Exercises. <i>Shoulders.</i> <i>Shoulders.</i> (15 minutes). <i>Chest.</i> <i>Quickener.</i> <i>Dorsal.</i> <i>Abdominal.</i> <i>Hamstrings.</i> <i>Lateral.</i> <i>Balance.</i>	37 40 48	Handstand —(progressively, see Notes). Standing, arms swinging forward, backward, and circling with a jump . Prone position, arms bend and stretch four times . Sprint Relay —waiting man "on mark," "get set," at the turn, and wait with head in proper position for a tap on shoulder. Round About, spanning . Back lying, legs raise slowly to cycling ; on completion lower slowly; repeat. Back lying, drumming feet on ground behind head, or as near ground as possible—legs straight. Astride, hands on hips, trunk circling (add later, in upward stretch position). Standing, knee raise, arms sideways, changing leg with a jump (add later, on a form).

TABLE III. (Contd.).

GROUP.	REF. PARA.	EXERCISE.
Agility Exercises. <i>Horse.</i>	32	Skipping —all methods. Box-horse broadways. Clear jump over 3 ft. 6 ins.
<i>Horse.</i> (10 minutes).		Box-horse lengthways— on the feet to attention and splits off.
<i>Ground Work.</i>		Running horizontal astride vault. Ground work, dive over rope —various heights.
<i>Game.</i>	54	Crows and Cranes.
<i>Game.</i>	51	Medley Relay.
<i>Posture and Breathing.</i>	28	Standing, deep breathing , hands on lower ribs, finish to attention.
	47	Dismiss.

COLE & Co. (WESTMINSTER) LTD.,
92-96, VAUXHALL BRIDGE ROAD,
LONDON, S.W. 1.

